



POST-OPERATIVE CARE

SUBMENTAL LIPOSUCTION

These are the specific instructions for your submental liposuction. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs under the chin and neck for the first 3–4 days to reduce swelling and bruising.
- ◆ Wear your compression chin strap as directed to support healing and control swelling.
- ◆ Expect firmness and numbness under the chin that gradually resolves over several weeks.

You can expect:

- ◆ Swelling and firmness under the chin and along the neck.
- ◆ Numbness of the chin and neck that resolves gradually.
- ◆ Temporary unevenness of the skin that smooths as you heal.
- ◆ Sutures to be removed around 7 days after surgery.

Call the office if you experience:

- ◆ Significant swelling or obviously more swelling on one side.

As time goes by and you are healing, the following guidelines apply:

- ◆ Swelling, bruising and soreness is typically gone within 1 – 2 weeks.